

## SELF-ASSESSMENT

Thank you for your interest in the University of Utah School of Medicine. Our goal is to select the most capable students to attend our school and to have a balanced, but heterogeneous group that will excel in both the art and science of medicine. We recognize that a diverse student body promotes an atmosphere of creativity, experimentation and discussion that is conducive to learning. Exposure to a variety of perspectives and experiences prepares students to care for patients in all walks of life and in every segment of society.

MCAT scores and grades are carefully scrutinized and are an important part of the application process. However, as important as grades and test scores are, by themselves they do not predict who will be successful in medical school. The demands of medical education and life as a physician are not for everyone. We consider how you balance outside activities and responsibilities with schoolwork to be indicator of your ability to deal with the rigors of life as a physician. The School of Medicine Admissions Committee is interested in your motivation for attending medical school and your understanding of the medical profession as well as your diversity of experience. Commitment to community service, ethical behavior, compassion, leadership ability and communication skills are valued and important characteristics of physicians.

**Instructions:** This self-assessment is designed to assist you in evaluating whether a career as a medical doctor is right for you and to help you determine if your qualifications, personal characteristics, and goals are a good match for applying to the University of Utah School of Medicine. The assessment is divided into three sections. **Section one** asks you specific questions to help you determine if medical school is the right move for you. It also assists you in addressing some areas that may be strengths for you and where your weaknesses lie in relation to becoming a physician. **Section two** asks you to list your involvement in the required activities. You are also asked to think about what you have learned by participating in these activities. **Section three** allows you to review the activities you have listed in section two and determine if you meet the minimum requirements. Complete this form as thoroughly and accurately as you can.

Many of the questions you will be answering may assist you when it comes time to write your personal statement(s). The personal statement is an opportunity for you to present yourself and your motivation for pursuing a career in medicine to the Admissions Committee. Topics may include activities or individuals that have influenced your life and shaped your decision to study medicine. It should be specific, succinct, straightforward and sincere. It should also tell the committee what motivates you and what the experiences described taught you.

You may also use this document to assess your qualifications as you discuss them with your premedical advisor.

Contact the Office of Admissions by email at [deans.admissions@hsc.utah.edu](mailto:deans.admissions@hsc.utah.edu) or by phone at 801.581.7498 or 800.444.8638 extension 17498 if you have any questions regarding this self-assessment.

**NOTE:** The self-assessment is provided to assist current and prospective applicants as they apply and/or prepare to apply to the University of Utah School of Medicine. Your assessment is not used or accessible by the School of Medicine as part of the application process and thus will not guarantee an interview or an offer of acceptance.

## Section 1 – Personal Evaluation

What are your reasons for pursuing a medical career?

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Do you enjoy working with people from diverse backgrounds with ideas different than your own? Why?

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What do you believe are the demands of a physician's life?

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What attributes, character traits, and/or abilities do you have that you believe would be an asset as a medical doctor?

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What personal weaknesses do you see in yourself that may conflict with a medical career?

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If the Admissions Committee only remembered one thing about you, what would you want it to be?

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What alternate plans have you made for your future should you not be accepted to medical school?

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What other fields of study or careers have you considered?

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## Section 2 – Experiences Worksheet

The Admissions Committee evaluates applicants based on their involvement in the activities listed below. Please complete each section as completely as possible. You may want to complete pages 5-9 before completing the extracurricular information on this page.

Many preparatory experiences could reasonably be considered under more than one heading. The admissions committee suggests that you make your decisions about where to list your activities based on the impact that they have had on you and on your personal development.

**Example: *If your research experience was done on a volunteer basis, but was most important to you as a research experience, then it would be most appropriately listed under research. If you have had a volunteer clinical opportunity that was most important to you as a patient care experience, then list it there, and find another volunteer activity to fulfill the requirement for community service.***

***The committee members will recognize the overlap and consider you as an applicant with a strong volunteer orientation, recognizing that much of what you have listed in other categories can rightly be considered to be volunteer work. Successful applicants list different activities for each individual category. While there is no rule prohibiting you from listing a single activity in more than one category, the admissions committee generally takes note of it and does not view this practice positively.***

## Extracurricular Activities

**Extracurricular activities are defined as activities outside the usual duties of a full-time job and/or school.** For example, if you are a full-time student and work part-time, select work, **do not** select school. If you are a full-time student and employed full-time or a part-time student and employed part-time select work or school, **not both**.

**Instructions:** Select each activity you were involved in during each year and enter the average number of hours per week spent in those activities during the past 3 years as well as your current or planned activities for 2009-2010.

- **Minimum:** some involvement in outside activities.
- **Average:** at least 20 hours per week during each of the 4 years prior to entering medical school.

**One year is based on an academic year that begins in August and ends the following July.**

<b>Activities</b>	<b><i>Example</i></b>	<b><u>2009-2010</u></b>	<b><u>2008-2009</u></b>	<b><u>2007-2008</u></b>	<b><u>2006-2007</u></b>
Work	_____	_____	_____	_____	_____
School	<u>  X  </u>	_____	_____	_____	_____
Volunteer	<u>  X  </u>	_____	_____	_____	_____
Research	_____	_____	_____	_____	_____
Medical Exposure	_____	_____	_____	_____	_____
Athletics/Exercise	<u>  X  </u>	_____	_____	_____	_____
Family	<u>  X  </u>	_____	_____	_____	_____
Church	_____	_____	_____	_____	_____
Hobby	<u>  X  </u>	_____	_____	_____	_____
<b>Average Hours Per Week</b>	<u>  24  </u>	_____	_____	_____	_____

Do you meet the minimum requirement?      YES   NO  
 Are you average or above?                      YES   NO

What lessons have you learned about managing your time, leading a balanced life, and coping with stress?

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## Community/Volunteer Service

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**Community/Volunteer service is defined as involvement in a service activity without constraint or guarantee of reward or compensation.** Work performed in service learning courses and community service performed as part of employment **does not** satisfy this requirement.

**Instructions:** Enter your community/volunteer service for the past 3 years and your current and planned activities for 2009-2010. List each of your services separately. If one activity applies to multiple years, list the activity for each year that you participated.

- **Minimum:** 36 hours.
- **Average:** 48 hours during each of the 4 years prior to entering medical school.

**One year is based on an academic year that begins in August and ends the following July.**

List only activities from 2006-2007 through 2009-2010

**NOTE:** List **N/A** for the **Service Activities** if you did not participate in service activities during that year and **0** for **Annual Service Hours**.

Service Activity	Provide a Detailed Description of Your Responsibilities	Year	Annual Service Hours
<i>Example: Habitat for Humanity</i>	<i>I spent 3 weeks building homes for low income families. I helped in several different capacities from framing to installing bathroom fixtures. Seeing the joy each of the families felt upon completion of the home was extremely rewarding.</i>	2007-2008	60
		2009-2010	
		2008-2009	
		2007-2008	
		2006-2007	

Do you meet the minimum requirement?      YES    NO  
Are you average or above?                    YES    NO

What lessons did you learn from your community/volunteer service experiences?

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## Leadership

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**Leadership is defined as a position of responsibility for others, with a purpose to guide or direct others.** Leadership capacity can be demonstrated in a variety of ways. Positions in employment, church, community and school organizations including coaching, tutoring and mentoring will satisfy this requirement.

**Instructions:** Enter the **Title of Position** e.g., Tutor, Class President, etc., **Year** of service and the **Length of Time** (e.g. 2 months, 1 year, etc.) in the fields below

- **Minimum:** 1 leadership experience lasting 3 months during the 4 years prior to matriculation.
- **Average:** 3 different leadership experiences each lasting 3 months during the 4 years prior to matriculation.

**One year is based on an academic year that begins in August and ends the following July.**

Title of Position	Year	Length of Time
<i>Example: Teaching Assistant</i>	<i>2007-2008</i>	<i>6 months</i>

Do you meet the minimum requirement?      YES   NO  
Are you average or above?                      YES   NO

What lessons and/or skills did you learn from your leadership experience(s)?

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## Research

**Research is defined as involvement in a scholarly or scientific hypothesis investigation that is supervised by an individual with verifiable research credentials.** Research experience may be in any discipline and performed at any site. However, it must involve the testing of a hypothesis. Research performed as part of a class is not acceptable unless the course was in independent research and the applicant completed independent, hypothesis-based research under the supervision of the professor. Research completed for a graduate thesis is acceptable.

**Instructions:** Enter the **Average Hours Per Week** that you participated in each research experience. List your hypothesis under **What was the hypothesis?** Enter the **Length of Time** (e.g. 2 months, 1 year, etc.) and if your research was **Submitted or Published**.

- **Minimum:** 4 hours per week for 2 months or the equivalent of 32 hours.
- **Average:** 4 hours per week for 3 months or the equivalent of 48 hours.

Ave. Hours Per Week	What was the hypothesis?	Submitted or Published	Length of Time
<i>Example: 8 hours</i>	<i>Drought has an adverse affect on the life span of beavers.</i>	<i>No</i>	<i>9 months</i>

Do you meet the minimum requirement?      YES   NO  
Are you average or above?                      YES   NO

What lessons did you learn from your research experience(s)? Can you define the hypothesis?

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## Physician Shadowing

**Physician shadowing is defined as the observation of a physician as s/he cares for and treats patients and carries out the other responsibilities of medical practice.** Shadowing must be done with an allopathic (M.D.) or osteopathic (D.O.) physician. Time spent shadowing residents, physician assistants, podiatrists, veterinarians, nurses, EMT's, PhD's etc., will not be considered.

**Instructions:** Enter the **Physician's Name, M.D. or D.O., Specialty,** and **Total Hours Shadowed.**

- **Minimum:** 8 hours following a physician(s) of any specialty through all the activities of an average day.
- **Average:** 24 hours following a physician(s).

Physician's Name	M.D.	D.O.	Physician's Specialty	Total Hours Shadowed
<i>Examples:</i> J.P. Hooper	X		Internal Medicine	9 hours
Kelly Wright		X	Pediatrician	7 hours

Do you meet the minimum requirement?      YES   NO

Are you average or above?                      YES   NO

What lessons did you learn from your physician shadowing experience(s)?

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### Section 3 – Criteria Evaluation

Check the appropriate box for each of the 8 selection criteria. Refer to your Experiences Worksheet to help you determine if you meet the criteria for the University of Utah School of Medicine.

Check one box for each section			Required Criteria
Does not meet minimum criteria	Meets minimum criteria	Average or above in criteria	
			<p><b>GPA:</b>            Minimum: 3.0 in science, non-science, and overall.            Average: Approximately 3.6 in science, non-science, and overall.</p> <p><b>NOTE:</b> To determine average criteria, the applicant's GPA is compared to the average GPA of students who have gone on to attend medical school from the institution granting the applicant's highest degree.</p>
			<p><b>MCAT:</b>            Minimum: 7 on each section: Biological Science, Physical Science, Verbal            Average: Total Score of 30 or higher.</p> <p><b>NOTE:</b> If the test is taken more than once within 3 years of application, we will consider the best score for each section.</p>
			<p><b>Extracurricular Activities:</b>            Minimum: Some activities            Average: 20 hours per week during each of the 4 years prior to entering medical school.</p>
			<p><b>Community/Volunteer Experience:</b>            Minimum: 36 hours            Average: 48 hours during <b>each</b> of the 4 years prior to entering medical school</p>
			<p><b>Leadership:</b>            Minimum: 1 leadership experience lasting 3 months during the 4 years prior to application.            Average: <b>3 different</b> leadership experiences each lasting 3 months during the 4 years prior to matriculation.</p>
			<p><b>Research (Hypothesis Based)</b>            Minimum: 4 hours per week for 2 months or the equivalent of 32 hours.            Average: 4 hours per week for 3 months or the equivalent of 48 hours.</p>
			<p><b>Physician Shadowing (Observing)</b>            Minimum: 8 hours            Average: 24 hours</p>
			<p><b>Patient Exposure (Experience)</b>            Minimum: 4 hours per week for 2 months or the equivalent of 32 hours            Average: 4 hours per week for 3 months or the equivalent of 48 hours</p> <p><b>Note:</b> Time spent shadowing a physician cannot be used to meet the patient exposure requirement.</p>
			<p><b>Total:</b> How many marks do you have in each column?</p>

Applicants must achieve at least the minimum level of performance in all 8 areas and be average or above in 5 out of the 8 areas in order to be a competitive applicant. Successful applicants distinguish themselves with outstanding performance in 1 or more of these areas.

Do you meet the minimum for each of the required criteria? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you rate "average or above" in at least 5 of the criteria? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you feel that you have distinguished yourself in at least one of the criteria as above average? Yes \_\_\_\_\_ No \_\_\_\_\_

If you do not meet the minimum in each area and/or are not "average or above" in at least 5 of the areas, what are your plans to improve and strengthen your application for medical school?

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Which area(s) have you distinguished yourself? How have you distinguished yourself?

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Strong applicants to the School of Medicine acquire a diversity of experiences. Do your activities reflect a range of diverse involvements? Are they primarily coordinated through a single source, i.e. church, fraternity/sorority, school, etc.?

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We hope you found this self-assessment helpful in determining if a medical career is right for you and if you meet the criteria for the University of Utah School of Medicine. If you decide to apply, we recommend that you keep this self-assessment to assist you in completing the secondary forms if you are invited to submit them. You may contact the Office of Admissions or your premedical advisor if you have questions regarding the application process or the University of Utah School of Medicine admissions requirements.